

## ARMY HEAT INJURY PREVENTION PROGRAM

# Heat Can KILL!

### Prevention Works

#### **Drink:**

- Drink enough water to replace your sweat losses.
- Don't wait to feel thirsty, your body may need water before you feel thirsty.
- Remind your buddy to drink. Refill your canteens at every opportunity.
- Look at your urine. If it is dark or if you have not urinated, you need to drink more.

#### **Eat:**

- Eat meals to replace salts. Drinking too much water and not eating enough salt may be fatal.

- Do not follow low calorie diets while training in a hot environment.
- Do NOT take any dietary supplements containing ephedra (ma-huang) ANY time.

### How to Spot Trouble

#### **Notify an instructor if you are:**

- Dizzy.
- Have a headache.
- Nauseated or have vomited.
- Feeling very tired or weak.
- Confused or your buddy notices you are "acting differently."
- Sick or were sick yesterday.
- On any medication.

